

Organisation Name
Patient Name

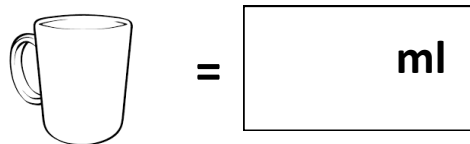
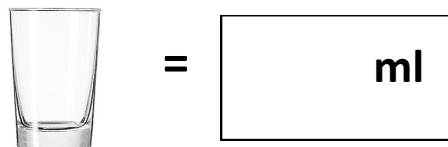
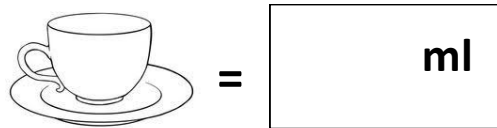
# DRINKS TRACKER

Remember to have 6-8 drinks during the day

It is important to drink plenty of fluid

## How much have you drunk today?

Use this chart to keep track of your fluid intake.  
Try to drink all eight glasses each day.



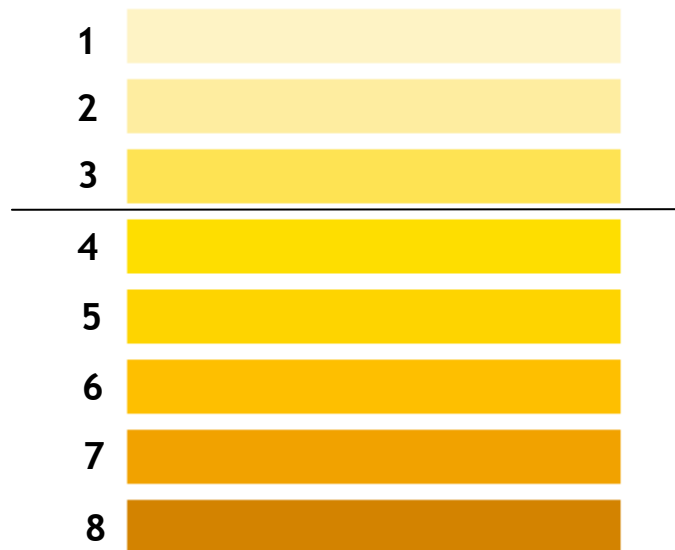


# CHECK YOUR URINE

Remember to  
have 6-8 drinks  
during the day

Check your urine colour each time you go to the toilet.  
If your urine is dark, or has a strong smell, you need to drink more.

Healthy pee is 1 to 3, from 4 to 8 you must hydrate



You should drink six to eight glasses of fluid\* every day to prevent dehydration. You need to drink more in warmer weather. Signs of dehydration can include:

Dry mouth or lips, thirst, tiredness, headache, dry and loose skin and dark coloured or strong smelling urine.

\*Alcoholic drinks do not count and cause dehydration.

If you are unable to manage to drink your recommended daily amount or are experiencing any other signs or causes of dehydration, please speak to a member of staff.

It is also important to consider the quantity of urine you are passing.

Was it a lot or a little?

If you are passing only small amounts, increase the amount of fluid you are drinking.